

The Beatbox

Primary Competency:

- CASEL: Self-management
- xSEL Labs: Self-control

How *The Beatbox* Impacts Students:

We will be able to...

- Describe what an impulse is and provide examples. Describe impulses we have trouble controlling.
- Explain how practice helps us reach our goals and improve.
- Describe something we've practiced for in the past and/or identify something we'd like to spend our time practicing for.



Skills:

- Impulse control.
- Active listening.
- Mindfulness.

How to facilitate *The Beatbox* in your classroom:

- Load the video before students come into the class & check that the sound/volume is working.
- Students can participate while sitting or standing at their desks.
- You will be asked to select a student leader for this exercise.
- Follow along with your students! Reinforce these skills and model active participation.

ENGAGE STUDENTS FURTHER WITH NEXT-LEVEL PROMPTS:

Discuss as a class or in pairs:

- What was your favorite part of this exercise?
- How would you describe an impulse? What are other examples of impulses?
- How did you manage your impulses during this exercise? How did it feel?